



Uppingham Surgery

RUTLAND HEALTH PRIMARY CARE NETWORK

For everyone's safety,

If you are experiencing symptoms of a respiratory illness, please wear a face covering in the surgery.

Some of the symptoms may include:

- **A cough – you may bring up mucus (phlegm)**
- **Sneezing**
- **A stuffy or runny nose**
- **A sore throat**
- **Headaches**
- **Muscle aches**
- **Breathlessness, tight chest or wheezing**
- **A high temperature**